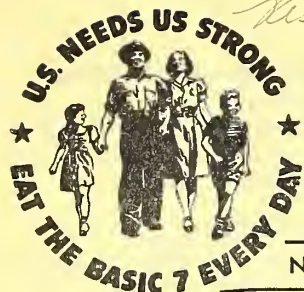


## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.





# NUTRITION

Published Monthly by the  
Production and Marketing Administration  
With the Approval of the Director, Bureau of the Budget

U. S. DEPARTMENT OF AGRICULTURE

*News Letter*

NUMBER 61

WASHINGTON, D. C.

AUGUST 1947

## THE NUTRITION FOUNDATION, INCORPORATED

The Nutrition Foundation has recently issued a chart headed "Distribution of Authoritative Information on Advances Made in the Science of Nutrition as a Result of Grants by the Nutrition Foundation." As the title indicates, the chart lists the publications issued by the Foundation and describes their plan of distribution.

Among the publications listed is a monthly leaflet entitled "Current Research in the Science of Nutrition." This leaflet summarizes in simple language some of the notable advances in the science of nutrition and is planned for busy workers in nutrition education who do not have time to do extensive reading of scientific literature. Both the leaflet and the chart are available upon request to the Nutrition Foundation, Inc., Chrysler Building, New York 17, N. Y. If you would like to receive copies of the leaflet regularly, the Foundation will put your name on its mailing list.

As you probably know, the Nutrition Foundation was organized in November 1941 by the food industries and is supported by them as a public service. The annual report of Scientific Director C. G. King, dated June 30, 1946, gives the basic purposes of the Foundation as being "(1) the development of a comprehensive program of fundamental research, providing basic information in the science of nutrition; and (2) the support of educational measures that will assist in making the science of nutrition effective in the lives of present and future generations."

The report goes on to say that "distinguished representatives of the public serve on the Board of Trustees, the governing body of the Foundation. The Foundation functions chiefly through grants-in-aid in support of research in university and medical centers where there are facilities for research in the basic sciences and public health."

Two committees complete the organization: The Scientific Advisory Committee composed of 15 outstanding research men,

most of whom are in university positions, and a Food Industries Advisory Committee, made up chiefly of the research directors or technical advisors of the member companies.

Voluntary contributions made on a 5-year basis from founder and sustaining members and donors provide funds for the Foundation.

## SUMMER WORKSHOPS SHOW EXPANDING INTEREST IN NUTRITION

All of us who are working for better nutrition are gratified by the increasing attention being given nutrition education. Concrete evidence of this growing interest is shown in the large number of summer workshops listed in the Directory of Summer Workshops in Health and Nutrition issued in May by the Education Section, Department of Public Services, General Mills, Inc., in Minneapolis. Many of you undoubtedly received copies of this directory if you are on the mailing list for the company's News Exchange of Nutrition and Health Education.

While the report is based on a quick survey and should not be considered complete, it lists approximately 7 workshops in nutrition, 12 in nutrition education, 40 in health education, 7 emphasizing the problems of school lunch, and 8 courses in home economics directing attention to various phases of nutrition. This directory will serve as a useful guide to anyone interested in following up expanding work in the nutrition education field.

## DR. HARRELL SPEAKS AT MEETING OF NUTRITION PLANNING COMMITTEE

At the regular meeting of the Nutrition Planning Committee on June 10, Dr. Ruth F. Harrell, of the King's Daughters Clinic of Norfolk, Va., described some of her experiments and findings on the relation between thiamine intake and the learning process. She outlined the gradual growth and development of her idea that food affects mental processes. It originated, she said, in her childhood when she observed that "smart



people eat more than dumb ones." It was strengthened in college when she noticed she was unable to learn when she was on a meager diet.

She remembered this experience later when, as a psychologist, she was teaching reading to a class of teen-age children who were such poor learners that they had not finished the first grade. In checking their diets she found they lived on macaroni, grits, potatoes, and rice. She arranged for them to have a good lunch at school and found that at the end of the year they made an average gain of 2½ years in achievement in school studies.

Tests on laboratory animals further bore out her theory that mental function is related to diet. The next step was to carry out a carefully controlled experiment on human beings. Arrangements for such a test were made with the Lynchburg, Va., Presbyterian Orphanage. It is described in the Journal of Nutrition, vol. 31, pp. 283-299, March 1946.

Dr. Harrell found that practically all the children who received the thiamine were better from the fifth day of measurement and supplementation; they could read faster and understand more of what they read; they could throw darts better; and apparently they had keener vision. When later the pairs were reversed, there was a reversal of superiority of mean gain in rote memory, visual acuity, code learning, proof reading, and in recall, to correspond with the thiamine feeding.

Dr. Harrell is now working with pregnant women in a charity maternity clinic. Women who register are given one of three supplements—thiamine, vitamin B complex, or a placebo. It is too early, however, to report any results.

At this meeting two movies were shown. STRANGE HUNGER, which features work of Drs. C. A. Elvehjem and Tom Spies and Dr. Harrell's experiment at the Lynchburg Orphanage, was produced by Wilding Pictures and sponsored by the National Vitamin Foundation. Prints may be obtained free by writing to Dr. R. S. Goodhart at the Foundation, 150 Broadway, New York 7, N. Y. The other movie, MAKING A GOOD FOOD BETTER, deals with enrichment of corn products and was produced at Clemson College under the direction of Dr. E. J. Lease. Dr. Lease explained that there is only one copy of this film at present but that they are planning to have several prints made.

Both Dr. Lease and Dr. R. R. Williams stressed the importance of the confer-

ence planned for July 14-15 at Clemson on corn products enrichment.

Ata Lee in the Office of Education was chosen chairman of the Nutrition Planning Committee in the annual election.

#### ABUNDANT SUPPLIES OF GOOD PEACHES

The peach crop this year is the largest ever produced and the U. S. Government is asking the cooperation of nutrition committees and others in promoting consumption of this fruit.

Nutrition committees have been doing an outstanding service in providing authentic information regarding the best use of our food supply. By encouraging the canning and freezing of peaches for school lunch and home use, and by pointing out the advantages of including plenty of fruit in the diet, as well as indicating ways of using peaches, committees will not only further the cause of good nutrition but also help to prevent waste of good food.

#### AN EFFECTIVE BETTER BREAKFAST DRIVE

The 1946 nutrition drive carried on by the Jefferson Junior High School in Washington, D. C., is an example of a successful program in which the entire faculty participated. The drive featured a Good Nutritious Breakfast because the pupils were munching doughnuts and gulping soda pop in the schoolyard as a substitute for the breakfast they didn't eat at home.

The drive was divided into three parts; a predrive period, the actual drive which lasted 2 weeks, and a week of resume.

The predrive period was used to lay plans, order materials, and write letters to parents outlining the purpose of the drive and requesting their cooperation in seeing to it that every child had a good breakfast. In addition a survey was made of the students' breakfast habits. During this period the plan was explained to all teachers and to members of the student council who carried it back to their home rooms.

Every department in the school took part in the drive. Each morning the cafeteria served at nominal cost a nutritious breakfast which became amazingly popular. As school was called the glee club sang a nutrition song and the principal read a thought lesson over the loud speaker. These lessons, prepared by the home economics department, included three on why eat breakfast, five on what is a good breakfast, and two on vitamins and minerals.

In English classes the students used nutrition as subject matter for themes, playlets, and poems. Every child made at least one poster on nutrition. A white rat experiment carried on in the science department was exhibited in the lobby along with the posters. References to source material were posted on the bulletin board and nutrition movies were shown.

A second survey made during the resume period indicated that great improvements had been made in the pupils' habits, and a P-TA meeting was held to show parents what had been accomplished.

#### NEWS FROM THE FIELD

WASHINGTON:—Preparing leaflets, news letters, and other publications is an important activity of most nutrition committees and many interesting and unusual materials have resulted.

"The Food You Eat," issued as Circular 102 of the Extension Service of Washington in October 1946, was prepared by the extension nutritionist with the help of the Snohomish County Nutrition Council. This folder, enlivened by clever line drawings and short, to-the-point statements, was designed to tell families of Snohomish County the results of a study of their eating habits made by the nutrition committee.

The leaflet has three sections in addition to a general statement about the study and a list of the Basic Seven Food Groups. The first section, "What We Learned," indicates the faults uncovered by the survey; the second, "Why You Need 'Em and Where You'll Find 'Em," lists good sources of the lacking factors and why the factor is important; and the third, "What to Do," contains suggestions for improvement.

A technical report of this survey was published under the title "Study of the Dietary Level of 100 Families" by Frances Hardy in the Journal of Home Economics, vol. 37, p. 351, June 1945. This study showed that most of the families had good eating habits, better than the average for the country as a whole.

To "pep up" interest in cooking for school children, the Washington Nutrition Committee issues twice a month an inspiring and helpful publication for school lunch cooks, Chairman Velma Phillips states. Each issue is prepared by a different group represented on the State committee and is printed in bright colors with gay illustrations.

MISSISSIPPI:—The State Nutrition Committee has become a part of the Nutrition Committee of the Mississippi Home Economics Association. In this combined organization three subcommittees will carry on the following activities of both groups:

1. Promote an educational nutrition program in the schools.
2. Encourage better nutrition in public eating places and places handling perishable foods.
3. Interest civic organizations, including men's groups, in promoting nutrition through their work and families.

Each subcommittee will have consultants from allied fields who may not necessarily be members of the MHEA, but the chairman of each subcommittee must be a member of the Nutrition Committee.

Each subcommittee is to cooperate in setting up similar subcommittees in every county, with a member of the County Coordinating Council or of the County Nutrition Committee as chairman.

CHICAGO:—Dr. C. A. Elvehjem of the University of Wisconsin spoke on "Trends in Nutrition Research—Glimpses into the Future" at the annual luncheon meeting of the Chicago Nutrition Association on June 13. During the business session, Mrs. Ethel A. Martin was elected president for 1947-48.

In its annual report the Association outlines what it has done during the year as follows:

Cooperated with the Famine Relief Program and stimulated the use of foods in abundant supply.

Cooperated with the Chicago and Cook County Health Survey by making available the results of its own recent survey of nutrition needs and services.

Prepared an exhibit showing the results of the school lunch survey for a National Conference of Food Service Directors.

Made recommendations for the establishment or expansion of nutrition services in 15 Chicago public health and welfare agencies.

Gave the Public Library abstracts and reviews of new books or new editions of standard works, classified to show which would be more useful to certain groups, for book lists.

Sent weekly news releases to papers.

Worked to further nutrition teaching in schools, both public and private.



Made effective use of food demonstrations, films, discussions, and observations of successful school lunches to create interest in the school lunch program. Prepared monthly articles for the Illinois Dinner Bell and in April held a conference of school lunch staffs. The Association notes that "school lunches when planned as a part of the nutrition education program have proved to be one of the most effective means of influencing nutrition. They are well worth our best efforts."

Held three meetings for members in addition to one for leaders of nonprofessional groups, two lecture demonstrations, and a program for persons concerned professionally with the nutritional status and health of the people in this area.

RHODE ISLAND:—Last year members of the former Rhode Island Nutrition Association and its subsidiary wartime organization, the Rhode Island Nutrition Council, which included city and town nutrition committees, voted to disband in favor of a new organization. The poll indicated that most of the members were in favor of continuing local committees and the Rhode Island Nutrition News Letter.

On May 9 representatives of about 35 health, welfare, and educational agencies and civic and women's clubs participated in forming the new Nutrition Council of Rhode Island. Governing rules were adopted and temporary officers elected, Edward L. Ackerman being chosen as chairman.

The new organization adopted as its purpose the promotion of "better nutrition among the people of Rhode Island by coordinating and promoting nutrition activities throughout the State."

The vice-chairman, Florence H. Case, writes that the interest and enthusiasm of the group was evident and very gratifying to those who have been interested in promoting nutrition work.

MICHIGAN:—The State Nutrition Council broadcasts weekly and loans, upon request, its radio scripts to recognized stations for rebroadcast purposes.

The work of the mobile nutrition unit of the U. S. Public Health Service was presented by Dr. E. S. Osborne and French Boyd at the Council's spring meeting held at Michigan State College. Four such units are now working in this country; the others are located in Florida, Maryland, and Vermont.

The Nutrition in the Schools and School Lunch Committee in its report to the Council reemphasized the importance of the educational possibilities that every school lunch program presents, and stressed the need for nutrition education in schools as a corollary to the actual feeding program. Four workshops for school lunch personnel were offered in Michigan this summer.

From a survey of courses in nutrition offered at institutions for training elementary and secondary teachers, the group agreed that slowly but steadily education in nutrition is finding a place in the curricula of both undergraduate and graduate students. The committee is encouraged by the trend toward correlating work in nutrition with total health education.

As part of its business meeting the Council discussed some of the factors resulting in "Want Amidst Plenty." The increasing amounts of fluid milk going into the preparation of butter will result in a nutritional loss unless the skimmed milk is used also for food. The Council, however, decided that it would be difficult to recommend the use of nonfat dry milk in homes until it is readily available on the open market.

The Council recommended greater use of second- and third-grade fruit products by increasing the number of community canning projects. It also suggested that community canning centers encourage the exchange of local surplus commodities with communities in nearby areas.

Dr. H. B. Lewis reported to the Council that, at the request of the Michigan Medical Association, a resolution showing the need for continued enrichment of bread and flour has been prepared for presentation to the chairman of the House of Delegates of the Michigan Medical Association.

Dr. Lewis was elected new chairman of the Michigan Nutrition Council.

Sincerely yours,



M. L. Wilson, Chief,  
Nutrition Programs.



W. H. Sebrell, Associate Chief,  
Nutrition Programs.